

# Brazilian Rice

**Makes:** 8 servings

The vegetarian dish combines leafy greens and high fiber brown rice to m

## Ingredients

- 1 vegetable oil spray (non-stick)
- 1 1/5 packages spinach (10 ounce, frozen, thawed)
- 1 cup brown rice (cooked)
- 2 tablespoons olive oil
- 1 cup egg-white substitute (liquid)
- 3/4 cup mozzarella cheese (shredded fat-free)
- 1 cup milk (fat-free)
- 1/2 onion (medium, chopped)
- 1/2 teaspoon Worcestershire sauce (low-sodium)
- 1/4 teaspoon marjoram (dried)
- 1/4 teaspoon thyme (dried)
- 1/4 teaspoon rosemary (dried)





## Directions

1. Preheat oven to 350 degrees.
2. Spray a 2-quart baking dish with vegetable oil spray.
3. Place thawed spinach in a colander and press to remove excess water.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>123</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	3 mg
<b>Sodium</b>	<b>211 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	0 IU
Calcium	252 mg
Iron	2 mg
Potassium	337 mg
N/A - data is not available	

### MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	1/2 ounce
	Protein Foods	1/2 ounce
	Dairy	1/2 ounce

4. Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined.
5. Transfer the mixture to the baking dish and place in the preheated oven. Bake for 30 minutes.
6. Cut the casserole into eight squares and serve. This casserole can be prepared 1 day in advance and refrigerated.

## Notes

Learn more about:

- [Spinach](#)
- [Onions](#)

**Source:** US Department of Health and Human ServicesNational Institutes of HealthNational Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables